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# Intercambio Idiomasonline

B2 OPEN CLOZE: REGULAR EXERCISE

Fill in the gaps in the text with one word. More than one answer may be possible.

## Regular exercise

The upsides of going exercise \_\_\_\_\_(1) a regular basis are numerous without a doubt, but \_\_\_\_\_(2) can we fit it into our day-to-day. For some it may seem impossible to find the time to work out and financial constraints can also be a mitigating factor. \_\_\_\_\_(3) everyone has the space cash to sign up to the gym or buy they latest equipment. For \_\_\_\_\_(4) types of people, there is a need to be creative and to use your space well. There is \_\_\_\_\_(5) end to the activities that you can do \_\_\_\_\_(6) the house with everyday household items such as water bottles or washing detergent. The key is \_\_\_\_\_(7) keep it varied and regular to avoid boredom or laziness. This way you can stay in shape and take advantage of the various health and social benefits. So, whatever your motive, you ought to make \_\_\_\_\_(8) exercise plan and what is more, stick to it.

Answers:

## Regular exercise

The upsides of going exercise **on** a regular basis are numerous without a doubt, but **how** can we fit it into our day-to-day. For some it may seem impossible to find the time to work out and financial constraints can also be a mitigating factor. **Not** everyone has the space cash to sign up to the gym or buy they latest equipment. For **these** types of people, there is a need to be creative and to use your space well. There is **no** end to the activities that you can do **around** the house with everyday household items such as water bottles or washing detergent. The key is **to** keep it varied and regular to avoid boredom or laziness. This way you can stay in shape and take advantage of the various health and social benefits. So, whatever your motive, you ought to make **an** exercise plan and what is more, stick to it.